



# **Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes**

*Cyrus Khambatta*

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**A groundbreaking method to master all types of diabetes by reversing insulin resistance.**

Current medical wisdom advises that anyone suffering from diabetes or prediabetes should eat a low-carbohydrate, high-fat diet. But in this revolutionary book, Cyrus Khambatta, PhD, and Robby Barbaro, MPH, rely on a century of research to show that advice is misguided. While it may improve short-term blood glucose control, such a diet also increases the long-term risk for chronic diseases like cancer, high blood pressure, high cholesterol, chronic kidney disease, and fatty liver disease.

The revolutionary solution is to eat a low-fat plant-based whole-food diet, the most powerful way to reverse insulin resistance in all types of diabetes: type 1, type 1.5, type 2, prediabetes, and gestational diabetes.

As the creators of the extraordinary and effective Mastering Diabetes Method, Khambatta and Barbaro lay out a step-by-step plan proven to reverse insulin resistance-the root cause of blood glucose variability- while improving overall health and maximizing life expectancy. Armed with more than 800 scientific references and drawing on more than 36 years of personal experience living with type 1 diabetes themselves, the authors show how to eat large quantities of carbohydrate-rich whole foods like bananas, potatoes, and quinoa while decreasing blood glucose, oral medication, and insulin requirements. They also provide life-changing advice on intermittent fasting and daily exercise and offer tips on eating in tricky situations, such as restaurant meals and family dinners. Perhaps best of all: On the Mastering Diabetes Method, you will never go hungry.

With more than 30 delicious, filling, and nutrient-dense recipes and backed by cutting-edge nutritional science, Mastering Diabetes will help you maximize your insulin sensitivity, attain your ideal body weight, improve your digestive health, gain energy, live an active life, and feel the best you've felt in years.

**Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes Details**

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## **Peter Butler says**

I have metabolic syndrome. To have metabolic syndrome, you must have at least three of the following: high blood pressure, high cholesterol, high triglycerides, high blood sugar, and excess body fat around the waist. It is kind of pre-pre-diabetes. So, it is something I do not want.

I picked up Cyrus Khambatta and Robby Barbaro's book, *Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes*. With a forward by Neal Barnard – who has written a book on reversing diabetes.

The first five chapters introduce the authors – who are both diabetics, and they explain what insulin resistance is and what it is in relation to the intertwined diseases. They conclude that animal products are a major detrimental health factor in insulin resistance.

Each chapter has shaded boxes with further explanations, charts and diagrams to help with understanding, anecdotal stories, and a bullet-point “take-home messages” page with the link to what amount to thousands of scientific papers referenced to back up their argument.

Beginning in chapter eight, they introduce their “Mastering Diabetes Method,” and they introduce the concepts of green light, yellow light, and red light foods – designating how much is allowed. They encourage the reader to write down specific goals and to plan out weekly menus.

In the ninth chapter, they write about the need to be monitored by a doctor and the tests that are most important to see how you are progressing. They also explain how to use a “decision tree” in making healthful decisions.

Chapter ten begins with a questionnaire about your weight and eating habits, which determines which of two breakfast types you should begin with. If you score low on the scale, they start you off with a fruit bowl for breakfast. If you score in the top 75% of their questionnaire, they start you with a high fiber breakfast for two to four weeks and then switch you to the fruit bowl.

Lunches are vegetables, grains, and beans. They discuss calorie density and how that works – and they illustrate several comparisons of this food versus this food for calorie density. And they explain batch prepping.

Dinners are salads with vegetables.

Chapter thirteen looks at the benefits of intermittent fasting and offers several patterns, with 16:8 being the most frequently adapted. (16 hours a day fasting.)

Chapter fourteen looks at the benefits of exercising.

Chapter fifteen has suggested meal plans and sample recipes.

Appendix A explains C-Peptide testing.

Appendix B lists the green, yellow, and red foods.

Appendix C looks at the use of decision tree.

The book ends with a lengthy index.

This is an excellent book for anyone looking to reduce their insulin resistance and/or reverse any of these diseases. It is science-based – with thousands of papers referenced. It is clear – with explanation, charts, illustrations, summaries, and anecdotes. It is an extensive, useful, and helpful guide.

Their meal plan reminds me of the first book I ever read on what is now called Whole-Food, Plant-Based diet – that being the Diamond's, Fit for Life. Their reliance on scientific papers reminds me of Dr. Gregor's work.

I am continuing to tweak my diet and lifestyle with sarcoidosis and prednisone, and this book will be a help in getting healthier.

Nearly 100% of Americans are overweight. Two-thirds of Americans are obese. Get this book. Care for your body and your life.

[This review appears on my blog, my YouTube channel, Amazon.com, and Goodreads.com.]

### **Gregory says**

Probably the best book of nutrition and health I have ever read. Excellent distillation of research and benefits from dietary sources to maximize your wellbeing.

### **Jo says**

I'm diabetic and have read countless books that have added to my confusion and given me no real insight to how I can live a better life. Mastering Diabetes was full of interesting insights and was set out in a way that was easy to understand. Looking forward to trying more of the wonderful recipes.

## **From Reader Review Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes for online ebook**

### **From reader reviews:**

#### **Elizabeth Parker:**

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each book has different aim or perhaps goal; it means that guide has different type. Some people experience enjoy to spend their the perfect time to read a book. They are reading whatever they take because their hobby is definitely reading a book. Why not the person who don't like looking at a book? Sometime, particular person feel need book when they found difficult problem or maybe exercise. Well, probably you'll have this Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes.

#### **Linda Long:**

The book with title Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes includes a lot of information

that you can find out it. You can get a lot of gain after read this book. This specific book exist new information the information that exist in this guide represented the condition of the world right now. That is important to yo7u to be aware of how the improvement of the world. This kind of book will bring you throughout new era of the the positive effect. You can read the e-book on your smart phone, so you can read this anywhere you want.

#### **Nichole Gibson:**

This Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes is great guide for you because the content that is full of information for you who all always deal with world and get to make decision every minute. This kind of book reveal it information accurately using great arrange word or we can point out no rambling sentences within it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only provides straight forward sentences but tricky core information with attractive delivering sentences. Having Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes in your hand like keeping the world in your arm, details in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen tiny right but this publication already do that. So , it is good reading book. Hi Mr. and Mrs. occupied do you still doubt that?

#### **Carl Speed:**

Some individuals said that they feel bored stiff when they reading a guide. They are directly felt the item when they get a half elements of the book. You can choose the actual book Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes to make your own reading is interesting. Your current skill of reading skill is developing when you similar to reading. Try to choose easy book to make you enjoy to study it and mingle the impression about book and studying especially. It is to be 1st opinion for you to like to wide open a book and study it. Beside that the guide Mastering Diabetes: The Revolutionary Method to Reverse Insulin Resistance Permanently in Type 1, Type 1.5, Type 2, Prediabetes, and Gestational Diabetes can to be your friend when you're experience alone and confuse using what must you're doing of that time.

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